

VETERANS JOURNAL



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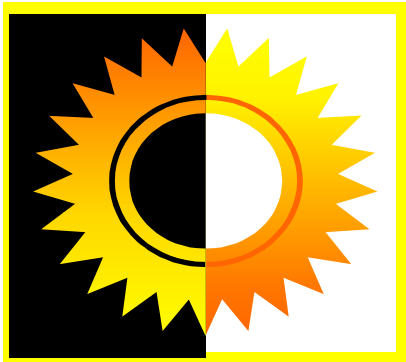
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Spring 2003 Issue

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The information in this journal is being provided to make the veteran community aware of some current events, activities and veterans issues that are of mutual concern. From time to time, we will include some relevant information important enough to be repeated to insure that veterans and their families are aware of the full range of benefits and entitlements available to them.



The Rite of Spring

www.infoplease.com

Vernal equinox occurs on March 21, 2003

March 21, 2003, is a date that most of us recognize as symbolic of changing seasons. As we welcome spring, people south of the equator are actually gearing up for the cooler temperatures of autumn.

What Happens at the Equinox?

Far from being an arbitrary indicator of the changing seasons, **March 21** (March 20 in some years) is significant for astronomical reasons. In 2003, at precisely 8:00 p.m. EST (01:00 Universal Time – March 22),

the Sun will cross directly over the Earth's equator. This moment is known as the **vernal equinox** in the Northern Hemisphere. For the Southern Hemisphere, this is the moment of the autumnal equinox.

Equinox Means "Equal Night"

Translated literally, *equinox* means "equal night." Because the sun is positioned above the equator, day and night are about equal in length all over the world during the equinoxes. A second equinox occurs each year on September 22 or 23; in 2003, it will be on September 22 at 6:47 a.m. EDT (10:47 UT). This date will mark the autumnal equinox in the Northern Hemisphere and the vernal equinox in the Southern (vernal denotes "spring").

Reasons for the Seasons

These brief but monumental moments owe their significance to the 23.4-degree tilt of the Earth's axis. Because of the tilt, we receive the Sun's rays most directly in the summer. In the winter, when we are tilted away from the Sun, the rays pass through the atmosphere at a greater slant, bringing lower temperatures. If the Earth rotated on an axis perpendicular to the

plane of the Earth's orbit around the Sun, there would be no variation in day lengths or temperatures throughout the year, and we would not have seasons.

Rituals and Traditions

Modern astronomy aside, people have recognized the vernal equinox for thousands of years. There is no shortage of rituals and traditions surrounding the coming of spring. Many early peoples celebrated for the basic reason that their food supplies would soon be restored. The date is significant in Christianity because Easter always falls on the first Sunday after the first full moon after the vernal equinox. It is also probably no coincidence that early Egyptians built the Great Sphinx so that it points directly toward the rising Sun on the day of the vernal equinox.





Department of Veterans Affairs News Releases:

VA Announces 2003 Insurance Dividends

The Department of Veterans Affairs (VA) is announcing its distribution of more than \$568 million in dividends to 1.5 million active policyholders of veterans' life insurance. Over the next year, veterans will receive the payments on the anniversary date of their policies, with the specific dividend amount varying according to age; type of insurance and length of time the policy has been in force. Recipients will automatically receive their annual dividend through one of the nine payment options they have selected in advance. For current active duty service members and reservists covered by Service members' Group Life Insurance, no dividend is paid.

Dividends cover only veterans with government life insurance policies who served between 1917 and 1956. Government insurance programs that do not pay dividends cover veterans of subsequent eras.

However, for some older policies still in force today, the dividends represent a return of trust fund earnings on the premiums paid by policyholders through the years. These funds reflect the fact that veterans are living longer than originally predicted and are also attributable to the higher than expected yields earned by the trust funds from investments in U.S. government securities.

Only those with policies that have been kept in force when premiums were required are eligible for the payout. Inaccurate stories

periodically surface suggesting that those who have not maintained insurance are eligible for a special distribution if they contact VA, but this is false. Dividends are automatically sent to eligible policyholders.

The largest group receiving 2003 payments will be 1.3 million veterans of World War II with National Service Life Insurance ("V") policies. Total payments are expected to reach \$461.5 million. Dividends totaling \$2.2 million will be paid to the 12,499 veterans holding U.S. Government Life Insurance ("K") policies. Some 206,367 veterans who have maintained Veterans Special Life Insurance ("RS" and "W") policies can expect to receive dividends totaling \$88 million.

Veterans who hold Veterans Reopened Insurance ("J", "JR" and "JS") policies, currently numbering 57,048 will share a \$17.2 million dividend.

Although VA also administers a special life insurance program for disabled veterans and a program offering mortgage life insurance coverage, neither pays dividends. Veterans who have questions about their policy may call the VA insurance toll-free number: 1-800-669-8477, or may send their e-mail to VAinsurance@vba.va.gov.



New Means Test Thresholds - Calendar Year 2003

Current law requires VA to increase the Means Test Threshold amounts by the same COLA percentage made to other VA compensation and pension payments. The new rates were announced in VHA Directive 2002-081, with an effective date of 1 January 2003. The Means Test Thresholds are used to determine a veteran's eligibility for VA health care and have two definitions:

Below the Means Test Threshold is defined as those veterans whose

attributable income and net worth are such that they are unable to defray the expenses of care and therefore are not subject to co-payment charges for hospital and outpatient medical services.

The following are two examples of the Means Test Threshold. The amount of the threshold is increased beginning with the second dependent is **\$1,653**.

Veterans with no dependents:

- Below Means Test
Threshold: **\$24,644.**
- Above Means Test
Threshold: **\$24,645.**

Veterans with one dependent:

- Below Means Test
Threshold: **\$29,576.**
- Above Means Test
Threshold: **\$29,577.**

Contact a VA representative at the toll free number **1-800-872-1000** for more information about the VA Means Test and how it may apply to you.



**It takes a pen in the hand to stop a war.
The blood that's shed can't be restored.**

**The life that was is now no more.
It takes a pen in the hand to stop a war.
Mothers and fathers are left to weep.
While their sons and daughters now are
asleep.**

**The touch of their hands they'll feel no
more.**

**It takes a pen in the hand to stop a war.
John Warrix**

This poem was written by an 82-year-old World War II veteran. He has a purple heart and is 100% service connected for his injuries. He understands the ramifications of war and the pain and suffering that the families and veteran endure. Each time we have entered into a war it has been stopped with the stroke of a pen. Perhaps instead of ending the war with a stroke of a pen we prevent the war and save our children from the pain and suffering so many have endured in so many wars.



HOUSE MEMBERS LEARN THAT WEBSITES ARE USING THEIR NAMES FOR RACIST PROPAGANDA

(National Association for Uniformed Services Update for 24 Jan 2003)

Many members of the House of Representatives were startled to learn their names were registered last week by someone who hosts racists websites. It appears the – intentionally left nameless – individual approached several Representatives in an effort to sell them website domain (.com and .org) names that were registered in the names of Senators, Representatives and Governors. After legal action was threatened, the seller changed the sites to a list of domain names he is now selling on Ebay. The bidding for the domain names starts at \$99 for local politicians to \$499 for US Senators and Representatives.

The purpose of providing this information is to inform our readers that some persons may use websites attributed to persons serving in elected offices and promote the views or positions that are not shared by the person in whom the domain name is registered. Thus, it is important to carefully evaluate the public record of those serving in elected offices before distributing false or misleading information about them.

CONGRESSIONAL AND FEDERAL OFFICIALS SALARIES

(National Association for Uniformed Services Update for 24 Jan 2003)

While on the subject of false information regarding members of Congress, the following is provided to keep the record straight on congressional and other Federal Officials salaries, healthcare benefits, Social Security coverage and retirement benefits. The

Legislative Resource Center, US House of Representatives is the source of the 2003 salary information.

- President of the United States - \$400,000
- Vice President of the United States (President of the Senate) and Speaker of the House of Representatives - \$198,6000
- President Pro Tempore of the Senate, Majority and Minority Leaders – Senate and House and Cabinet Level Officials - \$171,900
- Senators, Representatives, Resident Commissioner of Puerto Rico, Delegates, deputy secretaries of departments, secretaries of military departments and heads of major agencies - \$154,700
- Salaries are subject to federal and, as required, state taxation.
- Their healthcare insurance, if they choose to use it, is the Federal Employees Health Benefits Program (FEHBP). FEHBP is a premium-based system the premiums of which are shared by the employee and the government.
- Congressional retirement benefits fall under the same general provisions as other federal employees. For example:

< Members of Congress began paying into Social Security in 1983, as part of a government-wide pension overhaul. It is a requirement from which one cannot opt out.

< If elected into office before 1984 they have the option of participating in one of two pension plans: the Civil Service Retirement System (CSRS) or the Federal Employee Retirement System (FERS).

< If elected after 1984 they are under FERS.

Also, they may participate in the government-wide Thrift Savings Plan, which works like a federally managed 401(k) salary reduction plan. FERS participants are entitled to a government match of up to five percent of salary; CSRS participants may set aside part of their own salary, but they do not receive the match.

VA EXTENDS BENEFITS TO VIETNAM VETERANS

(National Association for Uniformed Services Update for 24 Jan 2003)

This week, Secretary of VA Anthony J. Principi extended benefit to Vietnam veterans with chronic lymphocytic leukemia (CLL). The decision was based on compelling evidence from the scientific community that exposure to herbicides such as Agent Orange is associated with CLL. The ruling “presumption ruling” means that veterans with CLL who served in Vietnam during the Vietnam War do not have to prove that their illness is related to military service to qualify for VA disability compensation. VA is to begin paying compensation benefits after a final rule takes effects. The publication of the implementing regulation is expected soon and VA will post more details on its Website at <http://www.vba.va.gov/bln/21/benefits/herbicide/>.

Meantime, Vietnam veterans with questions about health-care, compensation and survivor benefits may call VA toll free Help Line at **1-800-749-8347 for information**. Also, VA is encouraging veterans who have not done so to subscribe to Agent Orange Review by calling the Help Line number. The Agent Orange Review is a free VA newsletter that will keep them abreast of developments and other policies and scientific findings in the future. Back issues and additional Agent Orange information is posted at <http://www.va.gov/agentorang/>. To receive email from VA with the latest news releases and updated Fact Sheet subscribe at <http://www.va.gov/opa/pressrel/opolistlistserv.cfm>



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SOCIAL SECURITY BENEFITS APPLY ONLINE

(National Association For Uniformed Services Update for 24 Jan 2003)
The date you choose to begin receiving Social Security benefits could mean more money for you and your family. If you plan to retire anytime in the next 12 months, make an appointment now to talk with a Social Security representative. For online information and application for retirement, disability or spouses benefits or to check the status of an application visit:

<https://s3abaca.ssa.gov/pro/isb/a3/wwwrmain.shtml>



GOVERNMENT EMPLOYMENT OPPORTUNITIES

(National Association For Uniformed Services Update for 24 Jan 2003)

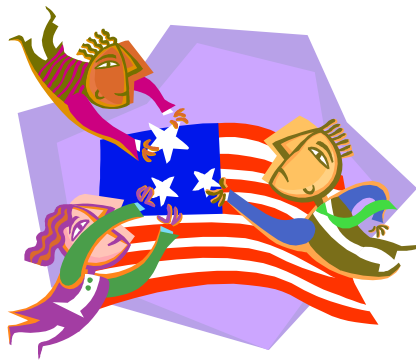
SOCIAL SECURITY ADMINISTRATION

Social Security helps 50 million people a month. It is the world's largest social insurance program. Social Security has positions with professional and personal growth potential. Want more information? Checkout

<http://www.ssa.gov/careers/>

THE TRANSPORTATION SECURITY ADMINISTRATION (TSA)

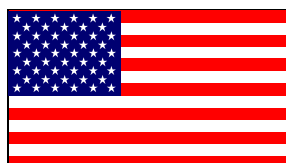
TSA is responsible for security relating to civil aviation, maritime and all other modes of transportation, including transportation facilities, and is the lead agency for security at airports, ports, and on the nation's railroads, highways, and public transit systems. TSA is currently accepting applications online for *Security Screeners* at: <http://www.tsa.dot.gov/public/display?content=27>



THE SIGNIFICANCE OF FLAG FOLDING

**The American flag is folded
precisely 13 times and each fold
is symbolic**

- The first fold represents life
- The second fold represents America's belief in eternal life
- The third symbolizes our remembrances of veterans who dedicated their lives for our land globally
- Fold number four stands for man's weaker nature and the sustenance given to man by the creator
- Fold number five is devoted to our nation
- The sixth fold symbolizes where our hearts lie
- The seventh fold is dedicated to America's armed forces
- The eighth fold is a praise for those who entered the valley of the shadow of death
- The ninth fold is dedicated to women, having shaped the character of men as love and commitment
- Fold ten is a dedication to fathers
- Fold eleven is representative of the lower portion of the seal of Kings David and Solomon
- Fold twelve is representative of eternity
- The thirteenth and final fold is complete when the stars of the flag are faced up



BRING BACK THE DRAFT?

(National Association For Uniformed Services 3 JAN 2003)

In recent weeks, there has been talk about reinstating the military draft. Rep. Charles B. Rangel (D-NY) entered the discussion with the position that if we are going to send American youth into the War on Terror, the governing principle must be that of shared sacrifice. Throughout much of our history Americans have been asked to shoulder the burden of war equally. He believes that the War on Terror and Iraq will require long-term sacrifices by the American people, particularly those who have sons and daughters in the military. Yet, the Congress that voted overwhelmingly to allow the use of force in Iraq includes only one member who has a child in the enlisted ranks of the military and just a few more have children who are officers. The nation ought to return to the tradition of the citizen soldier – with alternative national service required for those who cannot serve because of physical limitations or reasons of conscience. This is especially true since service in our nation's armed forces is no longer a common experience. Rep. Rangel contends that if members of Congress calling for war knew that their children were likely to be required to serve and be placed in harm's way there would be more caution and a greater willingness to work with the international community. A renewed draft will help bring a greater appreciation of the consequences of decisions to go to war. Therefore he intends to ask the Congress to consider and support legislation that would resume the military draft.

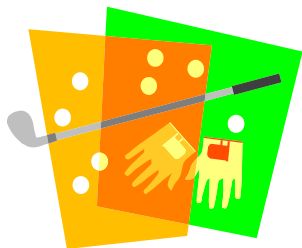


GOVA Bicentennial Information

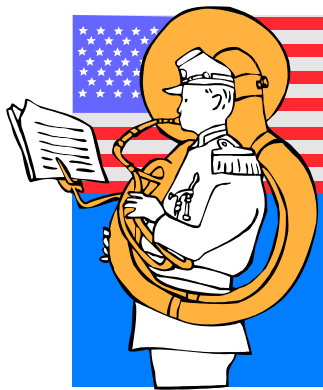
Several events are planned to honor Ohio's veterans during the state's 200th birthday celebration. For the past four years, the Veterans Bicentennial Subcommittee has been hard at work determining what programs and events would best recognize the significant contributions of Ohio's veterans. Beginning in May, the subcommittee will begin to see their ideas become realities.



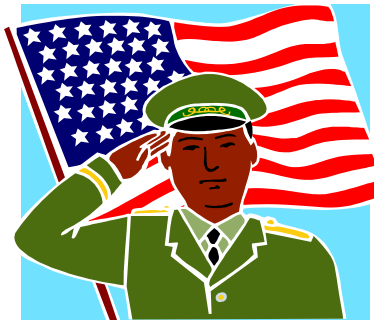
Currently 38 counties will honor their **Congressional Medal of Honor** recipients with a marble plaque to be placed at the county seat. Ceremonies to dedicate these plaques are to be held the two weeks surrounding Memorial Day 2003.



The Ohio Veterans Hall of Fame will host its **8th Annual Ohio Veterans Hall of Fame Golf Tournament** in central Ohio on Friday, September 19, 2003 at The Landings at Rickenbacker. The shotgun start is set for 9:30 a.m.



The Ohio Veterans Plaza at the Ohio Statehouse is the site of **Bicentennial Commemoration Ceremony** on Saturday, September 20, 2003. A USO-style show will begin at 4 pm on the High Street side and a 5th anniversary rededication and commemoration program will start at 5:30 pm on the 3rd Street side. The Statehouse will be full of re-enactment groups, color guards, speakers, performers and guests. The event is scheduled to end at 6:30 pm. All are invited to attend



The **Ohio Veterans Hall of Fame Class of 2003 Induction Ceremony** is Thursday, November 6, 2003 at the Capitol Theater in the Vern Riffe Building in downtown Columbus. The induction will begin at 11 am with a public reception starting at 10 am.

Ten **Ohio Historical Society markers** will be dedicated to significant people, places and events associated with veterans. The markers will be placed around the state of Ohio with ceremonies to be held the two weeks surrounding Veterans Day 2003.



www.state.oh.us/gova



Happy 200th Birthday Ohio!



SEVEN WONDERS...

A group of students were asked to list what they thought were the present Seven Wonders of the World... Though there was some disagreement, the following got the most votes:

- 1) Egypt's Great Pyramids
- 2) Taj Mahal
- 3) Grand Canyon
- 4) Panama Canal
- 5) Empire State Building
- 6) St. Peter's Basilica
- 7) China's Great Wall

While gathering the votes, the teacher noted that one quiet student who had not returned her paper, so she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help you out." The girl hesitated, then read, "I think the Seven Wonders of the World are:

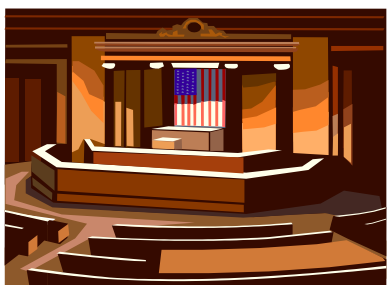
- 1) to touch
- 2) to taste
- 3) to see
- 4) to hear

She hesitated a little, and then added

- 5) to feel
- 6) to laugh
- 7) to love

The room was so full of silence you could have heard a pin drop. A gentle reminder to us all that the most precious things are before you: your family, your faith, your love, your good health and above all your friends.

Tish Hevel



VETERANS NEWS

108TH Congressional Veteran Make-up

Unfortunately, Congress has lost 14 veterans with this election cycle. The 108th Congressional make-up will look like this.

	Senate	House
Army	16	75
Navy	7	12
USAF	6	23
USMC	6	8
USCG	0	3
Combat	10	27



IDENTITY THEFT

According to a recent document published by the U.S. General Accounting Office:

- Thousands of people each year report that they are victims of identity theft
- Many identity theft-related crimes go unreported
- Victims have spent over 175 hours and over \$10,000 per incident to resolve the problems.

The consequences can be staggering. Victims of identity fraud have:

- Discovered unauthorized debts and delinquent

accounts, which can lead to calls from debt collectors

- Lost their jobs
- Faced criminal investigation, arrest or conviction

Even more, victims may not even know their identity has been stolen until, after several months, a negative situation arises and they realize that there is a problem. Identity theft involves stealing another's personal information, and using it fraudulently to establish credit, use existing credit cards, file fraudulent tax returns, access bank accounts, and commit many other crimes.

How are these crimes pulled off? Criminals devise new methods all the time – from searching in the trash to locate pre-approved credit card applications... to pilfering phone calling cards... to “shoulder surfing” for PIN numbers at ATMs. A new crime, known as “skimming”, involves a cashier receiving your credit card for a purchase, and then quickly skimming it through a portable device that picks up the information on the card for unauthorized use later. Fortunately, new laws in some states make identity theft a felony that can be prosecuted in federal court.

How to Minimize Your Risk of Identity Theft

Criminals are slick and clever and it's difficult to stay on top of every scenario. But there are several things you can do to minimize your risk.

- Carry with you only the ID and cards you need at any given time
- Sign all new credit cards immediately with permanent ink
- Do not make Internet purchases from sites that are unsecured (check for a padlock icon on the site to ensure its safety)
- Avoid writing a PIN number, Social Security number or pass code on any of your credit cards or on anything you are planning to discard
- Try to memorize your password(s) instead of

recording them on paper or computer

- While making a purchase in person, keep your eye on the cashier – never look away while your card is being processed
- If you have applied for a new credit card and it does not arrive within a reasonable time, contact the issuer
- Be sure someone you trust collects your mail in your absence; if you are leaving town for a week or more, ask the post office to hold your mail until your return
- Secure your Social Security card in a safe place at home; do not carry it in your wallet
- Don't give out personal or account information to anyone without verifying their identity; never give personal information to telephone or door-to-door solicitors
- Create passwords or codes that are not obvious; avoid using your birth date, your mother's maiden name or your pet's name
- Destroy all carbons
- Never leave your receipts behind after making a purchase
- Be aware of “shoulder surfers”! Shield your numbers when using an ATM
- Avoid providing your social security number or other personal information to prospective employers until you have verified the legitimacy of the organization and their need to verify your background
- Check your credit file periodically for accuracy by contacting the three major credit bureaus





What to Do When Your Identity Has Been Stolen

Act fast to minimize the consequences. Notify all three credit reporting agencies and ask that your file be flagged with a fraud alert.

Stolen Credit Card

- Contact your local police or sheriff's offices to report the theft
- Notify creditors immediately, and request that your accounts be closed
- Ask the card company to furnish copies of documents that show any fraudulent transactions
- Refuse to pay any bill or portion of any bill that is a result of identity theft
- Report the theft or fraud to Equifax and the other credit reporting agencies

Stolen Check

- Report the crime to your local police or sheriff's department
- Notify your financial institution to stop payment on any outstanding checks that you are unsure of and give them any missing check numbers
- Cancel all your accounts, both checking and savings, and set up new ones with new account numbers
- Give your bank a password for your account
- Report the theft or fraud to:
 - *Check Rite
1-800-766-2748
 - *Chex Systems
1-800-328-5121
 - *NPC
1-800-526-5381
 - *Tele-Check
1-800-366-2425
- Report the problem to the check verification company used by the store where a fraudulent check has been written

- Refuse to cover any checks that were written or cashed fraudulently. (If you pay, you compromise your opportunity to prosecute.)
- Report the theft or fraud to the credit reporting agencies

Stolen ATM Card

- Report the crime IMMEDIATELY to your bank and to the local police or sheriff's department
- Get a new card and change your password
- Avoid using pets' names, your mother's maiden name, birth dates, Social Security numbers or other obvious information for your new password

Social Security Number

- Contact the Social Security Administration immediately at www.ssa.gov or call **1-800-772-1213**
- Order your Earnings & Benefits Statement from the Social Security Administration to verify its contents

Driver's License Number

- Notify the state office of the Department of Motor Vehicles and place a fraud alert on your license
- Request a new Driver's License number
- Avoid using your Social Security Number as your Driver's License number

Stolen Address Information or Fraudulent Change of Your Address

- Call the U.S. Post Office at **1-800-275-8777** for your local Postal Inspector's phone number
- Notify the Postal Inspector that the mail has been used to commit fraud
- If you know where fraudulent credit cards or other material has been sent, ask that all mail sent to the fraudulent address be forwarded to your own address

Phone Service

- Notify your long distance carrier about any calls that you or members of your household did not make. (Most phone

companies have fraud hotlines for this purpose.)

- Cancel your account and open a new one, using a secure password

Passports

- Contact the passport office immediately

Major Credit Bureaus

There are three major credit bureaus. Everyone is encouraged to at least annually contact each bureau to get a copy of his or her record. After receiving it, review it carefully to ensure the information is correct; also, such reviews are helpful to cut down on identity theft.

Equifax –

www.equifax.com

To order your report, call: **1-800-685-1111** or write: P.O. Box 740241, Atlanta, GA 30374-0241

To report fraud, call: **1-800-525-6285** and write: P.O. Box 74021m Atlanta, GA 30374-0241

Experian –

www.experian.com

To order your report, call: **1-888-EXPERIAN (397-3742)** or write: P.O. Box 2104, Allen, TX 75013

To report fraud, call: **1-888-EXPERIAN (397-3742)** and write: P.O. Box 9532, Allen, TX 75013

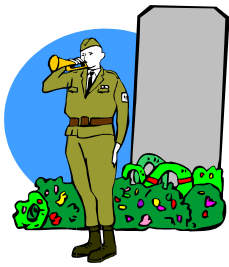
TransUnion –

www.transunion.com

To order your report, call: **1-800-916-8800** or write: P.O. Box 1000, Chester, PA 19022

To report fraud, call: **1-800-680-7289** and write: Fraud Victim Assistance Division, P.O. Box 6790, Fullerton, CA 92834





NAMES OF DECEASED VIETNAM VETS SOUGHT

(Washington Post, Jan 15th)

Officials of the Vietnam Memorial Fund are seeking the names of Vietnam veterans who died as a result of their service but not of injuries suffered in combat zones. Those service members, whose names are not eligible for the wall, will be honored at the fifth annual In Memory Day ceremony April 21 at the memorial. Anyone who would like their deceased loved ones to be honored should apply to the memorial fund by **February 28**. Applications can be obtained by calling (202) 393-0090 or by visiting the fund's Web site www.vvmf.org. A copy of the death certificate and military records showing service in Vietnam must accompany application.



MILITARY LIFE INSURANCE PREMIUMS REDUCED

(National Association For Uniformed Services update for 31 January 2003)

The Department of Veterans Affairs (VA) will reduce **Service members' Group Life Insurance** (SGLI) premiums, beginning in July 2003. Ninety-eight percent of active duty and 96 percent of eligible reservists hold SGLI policies. The new monthly rate will be 6.5 cents for every \$1,000 of coverage, about 19 percent less than the current 8

cents. Monthly premiums for the maximum coverage of \$250,000 will fall to \$16.25 from the current \$20. In addition to the basic SGLI, family coverage is available for spouses and children of service members holding SGLI policies. Spouses pay age-based premiums for up to \$100,000 coverage, while children receive \$10,000 of free coverage. The reduction for spousal policies will vary among age groups, with the largest decline – 42 percent – affecting those 35 to 39. The reductions will save service members about \$96 million annually in basic SGLI premiums and about \$42 million in family policy premiums. The reductions do not affect Veterans' Group Life Insurance (VGLI) rates.



NEW MILITARY SHORT TERM ENLISTMENT PROGRAM

(National Association For Uniformed Services update for 31 January 2003)

American Forces Press Service reports that a new military short-term enlistment program will begin Oct 1 aimed at expanding the opportunities for all Americans to serve the country. Congress authorized the National Call to Service enlistment options as part of the fiscal year 2003 National Defense Authorization Act.

The program would allow the military services a new option to reach a group of young Americans who otherwise might not serve due to length of traditional enlistment options. The program will work like this: A recruit enlists for the option and incurs a 15-month active duty service obligation following

completion of initial-entry training, for a total active duty commitment of about 19 months. Following successful completion of active duty, service members may reenlist for further active duty or transfer to the selected Reserve for a 24-month obligation. Once this is completed, service members may stay in the selected Reserve or transfer to individual ready Reserve for the remainder of their eight-year commitments. For more information, see:

http://www.news.navy.mil/search/display.asp?story_id+5496



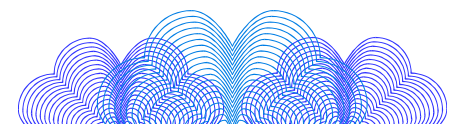
STROKE WARNING SIGNALS

(American Stroke Association)

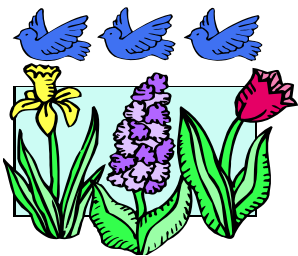
- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Not all these warning signs occur in every stroke. If some start to occur, don't wait. Get help immediately! Stroke is a medical emergency – call 9-1-1.

For information about stroke, call 1-888-4-STROKE. If you or someone you know has had a stroke, call and ask for the Stroke Family Support Network.



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Monday
March 17th

St Patrick's
Day

Sunday
April 6th

Daylight
Savings
Time
Begins



Thursday
April 17th

Passover
Begins

Sunday
April 20th

Easter



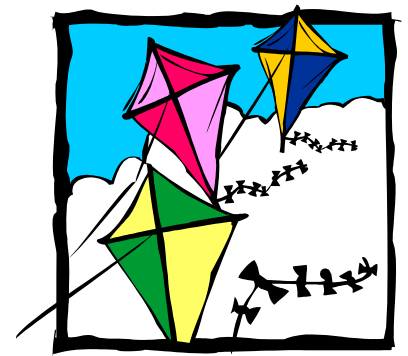
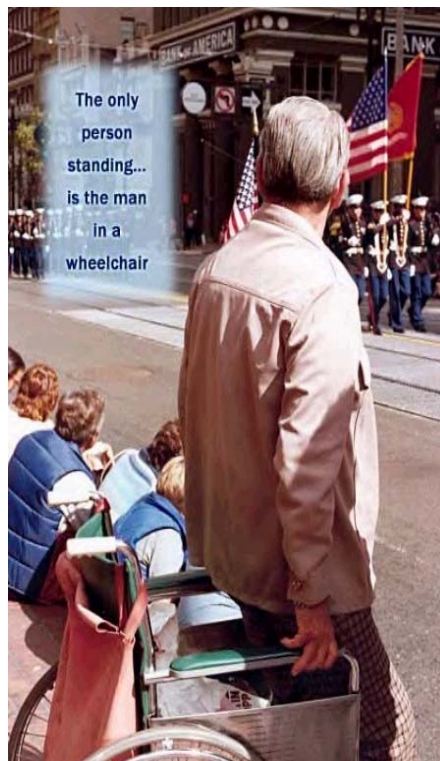
Wednesday

April 23rd

Secretaries Day

PAYING RESPECT

Below is a picture you have to see. We define patriotism, render respect and honor and pay tribute in many ways. Some people have a different level of devotion and a different level of pride, some just show it differently. Regardless, it is what's in your heart that matters. As you look at the picture below think of the millions of Americans who have come before us, served their country and then come home only to be forgotten, left behind and in some cases, even discarded by the same people they fought to defend. Remember those who valiantly served and were cursed when they came home. The gentleman in this picture is unknown to me. I don't know who he is, where he has been or even if he ever served a day in the military. BUT, by his action I would be willing to bet that he served his country, proudly and with honor, and in his heart is still serving by doing all that he can to show his love for his country. Please pass not only this picture on to your friends but also the message that is sent. God Bless the USA.



Count-Down for Spring

One is the flag fluttering in the breeze,

Two are the kites careening by the trees.

Three are the worms wriggling in the ground.

Four are the robins listening for worm's sound.

Five are the daffodils wearing green and yellow.

Six are the calves, following mother's bellow.

Seven are the crocuses, bursting in the air.

Eight are the tulips, swaying everywhere.

Nine are the raindrops, dampening everything.

Ten are the children welcoming the spring.

Robert McCracken



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